

Exercise

Help Your Heart and Body Stay Healthy



1. Find an exercise activity you like to do:
 - ♦ Walking
 - ♦ Gardening
 - ♦ Basketball
 - ♦ Aerobics
 - ♦ Lifting Weights
 - ♦ House Cleaning
2. Exercise at least 3 times a week or more
3. Do your exercise for 20 minutes or more each time
4. Remember to check with your doctor before starting any new exercise program

